



# Nicotine Replacement Therapy: Lozenges 2mg & 4mg



NRT lozenges contain nicotine that is released slowly when placed in the mouth



## What do I do with the lozenge?

- Put it in your mouth, roll around until you get a taste, then park between your teeth and cheek.
- Do not chew or swallow the lozenge.



### Can I still smoke with lozenges?

Yes you can, but you may find you don't want to smoke as much.

### Can I use lozenges with Nicotine patches?

Yes you can.

### How many lozenges can I have in one day?

Do not have more than 12 lozenges in a day.

### Why do I get the hiccups or feel sick when I use lozenges?

You will get the hiccups or feel sick in the stomach if you suck or chew the lozenge. Remember to roll the lozenge around in your mouth and then place between your teeth & cheek.



- Do not eat or drink when the lozenge is in your mouth.
- Do not eat or drink for 10 minutes before or after having a lozenge.
- Nicotine can hurt children and pets. Do not leave your lozenges where pets or children can reach them.
- Talk to your Doctor, Nurse, Pharmacist or Health Professional if you want to know more